

Activity 17**Guided Reading Activity**

FOR USE WITH CHAPTER 5, LESSON 2

Directions: Briefly answer the following questions in the space provided.

1. What are carbohydrates and how do they help the body function? Name four sources of complex carbohydrates.

2. Explain the process by which the body uses and stores carbohydrates.

3. What is fiber, where is it found, and how does its consumption maintain and improve health?

4. What are proteins and why are they a dietary necessity? Name six complete protein sources and three incomplete protein sources.

5. What are fats and how are they used in the body? Why should your daily fat calorie intake be limited to 20 to 30 percent of total calories?
